



Cristalmind™ Shirodhara

Owner's Manual & Warranty

Swiss Made

www.cristalmind.com

Cristalmind SA - Vevey - Switzerland

Cristalmind™

Congratulations!

Dear customer, congratulations for your choice. Your Shirodhara Cristalmind™ is the result of an intensive ten years research conducted by Dr. Bertrand Martin, a Swiss psychiatric and Ayurvedic medicine specialist. Made in Switzerland, this device will bring you comfort and relaxation for many years.

Discover how to utilize your Shirodhara Cristalmind by reading carefully this instructions and maintenance manual. Please observe the safety and warning instructions.

Please remove and keep the last page of this manual which is the Cristalmind guarantee certificate, valid for 2 years.

“I wish you a successful experience with your Cristalmind Shirodhara, a great ally, which will be of great help for many years!”

Dr. Bertrand Martin

The device consists of an egg shaped headrest base (1), a liquid pouring arm (2) with its adjustable pipe (3), a removable cover (4) allowing access to the liquid tank(8), an electronic component controlling the timer (5), a thermostat (6), and a socket (7) for the device's power supply 12V. (Fig. 1& 2)

Inside the tank (8), there is a liquid pump (9), held by a support (10), a heater (11), clipped in a protecting grid (12). (Fig. 3)

When extracting the liquid pouring arm (2), we notice the liquid filling hole (13) and the tank draining hole (14). We can also observe the draining grid (15) allowing the liquid to run into the tank (8). (Fig.4)

An electric cord with a switch (17) links the device's 12 volts socket (7) to the transformer (16). The transformer is connected to the mains through the plug (18). (Fig. 5)

The Shirodhara Cristalmind is delivered in bag pack.

Operating instructions

Preparation and environment

- To enjoy your Shirodhara session select a calm place.
- The Shirodhara Cristalmind user should be lying on a firm and flat surface (i.e: massage table, camping mattress, carpet, or on the floor).
- Prepare a large pillow to elevate the legs in order to put your lumbar spine flat when lying on the back (Fig. 6).
- Prepare a blanket if needed.
- Prepare a towel to dry your hair after the session.
- Connect the adapter (16) by inserting the plug (18) into the mains.

Filling

- Pull the liquid pouring arm (2) out of the filling hole (13).
- Take clear drinkable liquid from the tap (for the liquid model) or oil (for the oil model) and **make sure that the temperature is lukewarm (36.5 to 38.5 °C, 97.7 to 101.3 °F).**
- **Only use clear drinkable liquid, without any adjunctions, or first quality vegetal oil.**
- Fill up the tank (8) through the filling hole (13), until the liquid overflows the draining grid (15) by about 1 cm. (Fig. 4)
Note: The necessary liquid volume is about 4 to 5 dl.
- Firmly insert the liquid pouring arm (2) into the filling hole (13) with the adjustable pipe (3) fully retracted.

- Lay the device at the selected place (i. e: massage table, floor, etc...).
- Insert the cord's plug into the device socket (7). (Fig. 5)
- Set the timer (5) for the desired duration (between 20 and 60 minutes). The possibilities are: button turned counter clockwise fully to the left, 20 minutes; half way, 40 minutes; fully to the right position, 60 minutes.
- Select the liquid temperature using t° button (6). The liquid temperature can be selected approximately between 36,5 and 38,5 °C (97.7 to 101.3 °F) in order to obtain an optimal comfort.
- **Check the temperature of the liquid with your hand before utilizing the device.**
- Remove hair from your neck, and ensure that all the hair is contained in the device. For long hair, refer to chapter 4: Tips and Recommendations.
- Lie down, elevate your legs on the pillow, cover yourself with a blanket, and carefully position your head on the device.
- Switch on the Shirodhara with the switch button (17) located on the cord.
- Adjust the pipe (3) of the liquid pouring arm (2), so that the liquid runs to the midpoint of your forehead, on the area you locate as being the most agreeable. Liquid must not flow into the eyes.

Once you have completed your session:

Draining

- The device stops automatically once the selected duration has expired.
- You may also deactivate the Shirodhara Cristalmind at any time during a session using the switch button (17).
- Lift up your head from the device and dry your hair with the towel.
- Pull out the plug (18) from the mains and disconnect the plug from the device (7).
- Remove the liquid pouring arm (2) by pulling it out.
- Empty the device through the draining hole (14) by inclining it.

Cleaning and maintenance

Clean the device after each session.

For the Water model :

- Remove the cover (4) of the tank (8) by pushing with both thumbs as shown in Fig. 7 (It will topple it over).
- Spray liquid inside the device.

Every five to ten utilizations, or before any operation by a new user, it is recommended to execute a complete cleaning process of the device as follows.

This process should be done after each session for the OIL model.

- Remove the liquid pouring arm (2).
- Extract the adjustable pipe (3) by separating it from the liquid pouring arm (2)
- Insert a cleaning stalk through the liquid pouring arm (2) and through the adjustable pipe (3).
- Extract the heater by pulling on the protecting grid (12), and remove both from the tank. (Fig. 8)
- Separate the heater by pulling on the sides of the protecting grid (12) (Fig. 9).
- Clean the heater (11) and the protecting grid (12).
- Pull the support (10) and extract together the pump (9) and its support (10). (Fig. 10)
- Free the pump (9) by releasing the strap of the support (10). (Fig. 11)
- Withdraw the cover of the pump by traction. (Fig. 12)
- Clean carefully the pump (9).
- Clean the interior of the tank (8).

Reassemble the device by executing all these operations reversely.

Note: Ensure during the reassembly that the support (10) is fully pushed forward.

Tips and recommendations

The Shirodhara Crystalmind has been designed for a handy use. Its ideal size allows an easy transportation. Please follow these tips and recommendations:

Comfort

- The headrest base (1) has been designed to accommodate most head shapes, allowing a great comfort.
- For some people, the direct contact to the headrest's base could become uncomfortable during long sessions.
- In that case, seek for the most comfortable position by slightly spinning your head back.
- You can also put a small piece of foam under your occiput.
- Children and people with neck troubles are advised to position a pillow under their shoulders to elevate the thorax, and consequently avoid applying pressure on the neck.

Hair

- People with short hair should encounter no trouble.

- People with medium long hair will have to clear the neck so that the hair does not stick out of the head rest base.
- People with long hair will have to tie them up in a high coil of hair.(Fig. 13)

Note: The user should carefully observe these precautions in order to avoid the liquid to run outside the device, which would unprime the pump.

Duration and frequency of sessions

- The duration of a Shirodhara session should not exceed 60 minutes, but a minimum of 20 minutes is advised.
- According to the needs, one to two sessions can be considered daily.

Contraindication

- **The Shirodhara is contraindicated in case of: discomfort, sinusitis, feverish affects, or any other severe medical affectation.**
- **In case of uncertainty, please consult your medical Doctor.**

Safety information and warnings

- **Before using the device for the first time, read the operating instructions carefully.**
- Never immerse the device or the transformer into liquid or any other liquid.
- The device must not come into contact with hot surfaces or flames.
- Do not operate a Shirodhara with a damaged cord or plug, or after a malfunction, or if dropped, or damaged in any manner.
- If the electrical cord, the adaptor, the plugs or the switch are damaged, they must exclusively be replaced by a Service Centre authorised by Cristalmind S.A., in order to avoid all risks of injuries.
- To stop the device running, please first switch off the switch button (17), and then pull the plug (18) out of the socket. Always unplug the device by taking a firm grip on the plug and never pull it on the lead.
- Always remove the plug from the mains when the device is not in use, after each utilisation, and before any cleaning process.
- Return the device to the nearest authorised Service Centre for examination, repair, or electrical or mechanical adjustments.
- **Never introduce any other liquids, substances, or any adjunctions in the device other than clear drinkable water (water model) or first quality vegetal oil (oil model).**
- **Do not run the device before filling it out with liquid (4 to 5 dl).**
- Follow carefully the cleaning instructions.

- Use the Shirodhara Cristalmind only for its appropriate usage.
- No alteration should be applied to the Shirodhara Cristalmind.
- Always remove the plug from the mains when the device is not in use, after each utilization, and before any cleaning process.
- Do not use the Shirodhara Cristalmind outdoors.
- Close supervision is necessary when the device is used by or near children. Always keep the device out of children's reach.

The Shirodhara Cristalmind is not indicated in case of discomfort, sinusitis, fever, or any other serious medical affect.

- **In case of a dry skin, please apply a cream on the forehead before operating the device.**
- **In case of doubt, please consult your medical doctor.**

Technical features

Power supply:	The adaptor converts 110-230 AC power supply to 12 V DC current.
Adaptor:	Input 110-230 V Output 12V.
Weight:	Device: 1.5 kg/ 3 lb. Adaptor: 300 gr/ 1 lb.
Pump:	12V, 50Hz, 5W
Tank capacity:	4-5 dl.
Heater:	12V, 50W
Dimensions:	Length: 37cm Width: 27 cm Height: 13cm (excluding liquid pouring arm)
Accessories:	Bag pack.
Approvals	CE approved, CSA/UL tested.

Problems & solutions

Perfect operating of the Shirodhara Cristalmind has been carefully tested in Switzerland before delivery.

In case of malfunction, before calling customer service, check the following points:

Problem	Probable cause	What to do
Device does not operate	Plugs Switch	Ensure plug (18) + (7) are in Ensure switch (17) is on
Liquid does not circulate	Pump rubber support is not properly clipped in	Ensure support (10) is firmly pushed in
	Insufficient liquid quantity	Add liquid
	Liquid pouring arm (2) is not inserted properly in hole	Push on the liquid pouring arm (2), and ensure its clipped in hole (13)
Liquid pump is noisy	Insufficient liquid quantity	Add liquid
Heater does not operate	Electronic problem	Return device to authorised Service Centre
Timer does not operate	Electronic problem	Return device to authorised Service Centre

Guarantee Certificate - Cristalmind S.A.

Product: **Cristalmind™**

Date of purchase:

Product number:

Dealer's stamp:

Cristalmind S.A. guarantees the proper functioning of the purchased product and its lack of deficiency for the duration of **2 years** from the date of purchase. This guarantee is valid only if the repairs are exclusively conducted by the Cristalmind SA, or a Service authorised by Cristalmind S.A.

This guarantee is in addition to the consumers' statutory rights and does not affect those rights in any way.

Transportation costs are at the buyer's expenses.

Do not forget to include your address and to explain the source of the defect.

The conditions of this guarantee only apply if either this guarantee card with date of purchase, or the proof of payment is sent to an authorised Service Centre together with the device.

Excluded from this guarantee:

Transport damages: check your new device before using it. Contact your supplier if you discover any damage.

Installation errors: defects or damages resulting from installation errors are excluded from this guarantee (i.e.: faulty electrical connection).

Complaints resulting from changes to the device: are excluded from this guarantee.

Improper use and incorrect or insufficient maintenance: this guarantee does not include regular ageing, does not cover improper or insufficient maintenance (which may result in discolouration of the plastic parts or rapid ageing).

Shipping expenses: shipping expenses are to be carried by the buyer.

This guarantee is only valid if repairs are executed by a Cristalmind S.A. authorised Service Centre.